

State of Rhode Island
Department of Administration
Office of Employee Benefits
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Providence, RI 02908

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**State of Rhode Island
Rewards for Wellness:
Take Steps in a Healthy Direction
and Earn Up to \$500!**



2012-2013

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Rewards for Wellness:
Take Steps in a
Healthy Direction
and Earn Up to \$500!**



**The State of Rhode Island is proud to celebrate
the fifth year of *Rewards for Wellness*.
Participate and earn up to \$500 in incentives!**

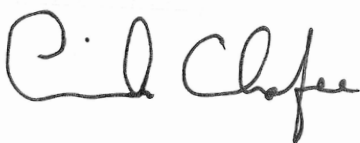
Dear Rhode Island State Employee:

The 2012-2013 program year marks the fifth-year anniversary of Rewards for Wellness! The Rewards for Wellness program is a State employee wellness incentive program designed to help you adopt and maintain healthy behaviors as a way of life. It aims to increase your awareness of your own health status and provides the education and resources to help you stay healthy, get healthy, or live better with an existing illness. If you are an eligible employee and you participate in the activities described in this brochure, you will receive up to \$500 in credits towards the cost of your health insurance co-shares.

Since its inception, Rewards for Wellness has helped thousands of State of Rhode Island employees become more engaged with their well-being. Additionally, the State of Rhode Island has received numerous local, national, and most recently, international awards in recognition of Rewards for Wellness.

Participating in the Rewards for Wellness program is easy, so get started today and take action for better health!

Best of Health,





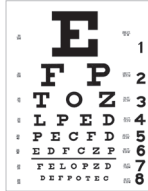



Lincoln Chafee,
Governor



State of Rhode Island

Rewards for Wellness 2012-2013 Program Calendar

Take steps in a healthy direction and earn up to \$500!

Rewards for Wellness	Activity Description	Incentive Amount	Time of Offer	Incentive Delivery	Completed ✓
	1. Complete "Soothing Stress" tutorial.	\$50	August 1, 2012 through September 7, 2012	October 26, 2012	<input type="checkbox"/> Date: _____
	2. Enroll in CurrentCare OR Complete Health Assessment.	\$50	September 10, 2012 through November 30, 2012	December 21, 2012	<input type="checkbox"/> Date: _____
	3. Obtain Vision screening at on-site health fair OR with your eye doctor.	\$50	August 1, 2012 through January 15, 2013	February 15, 2013	<input type="checkbox"/> Date: _____
	4. Obtain Blood Pressure Screening equal to or less than 140/90 OR consult with your physician on a treatment plan.	\$100	August 1, 2012 through February 1, 2013	March 1, 2013 March 15, 2013	<input type="checkbox"/> Date: _____
	5. Obtain Body Mass Index (BMI) Screening with a BMI of less than 30 OR take action to lower your BMI.*	\$125	August 1, 2012 through March 27, 2013	April 26, 2013 May 10, 2013 May 24, 2013	<input type="checkbox"/> Date: _____
	6. Complete Physical Activity Challenge.	\$125	April 8, 2013 through May 12, 2013	June 21, 2013 July 5, 2013 July 19, 2013	<input type="checkbox"/> Date: _____

* Approved actions to lower your BMI: participate in an approved weight loss program **OR** attend three visits with an in-network dietician/nutritionist **OR** provide receipt(s) showing active gym membership for at least three months during the time of BMI offer.

More program details are available at www.wellness.ri.gov and in your HR Department.

Rewards for Wellness

Details for upcoming programs

1 Read the “Soothing Stress” Tutorial and Complete the Review Quiz at www.wellness.ri.gov by September 7, 2012, and Earn \$50.

The American Medical Association reports that stress is the basic cause of more than 60 percent of all human illness. “Soothing Stress” will help you identify personal sources of stress and teach you how to implement solutions to better manage or reduce everyday stress in your life. The program also provides information regarding available professional resources, if such help is needed.

2 Enroll in CurrentCare OR Complete the Health Assessment by November 30, 2012, and Earn \$50.

Complete one of the following:

- CurrentCare is a secure electronic network that gives doctors and other health care providers access to your most up-to-date health information right away, so they can treat you with the best possible care. Visit www.CurrentCareRI.com to enroll. You must identify yourself as a State employee by clicking on the button in order to receive the incentive credit. Please follow this process to earn the incentive credit even if you have previously enrolled in CurrentCare.
- The 58-question Health Assessment provides you with immediate feedback on the current state of your health. It only takes 15 to 20 minutes to complete, and your responses help you to identify your personal health risks. You can also compare your results with your previous health assessment to track your progress, and continue to learn healthy habits.

Go to www.wellness.ri.gov for instructions and access to CurrentCare and the health assessment.

3 Obtain a Vision Screening at one of the Fall Health Fairs or with your Eye Doctor by January 15, 2013, and Earn \$50.

A vision screening is a relatively short examination that can indicate the presence of a vision problem or a potential vision problem. A vision screening may not diagnose eye problems, but it can indicate that you should make an appointment with an ophthalmologist or optometrist for a more comprehensive eye examination.

If you have your vision screening performed at your eye doctor's office, no screening verification form will be required; your eye doctor visit will be noted through the claims system. **Note: Vision screening visits from January 16, 2012 through January 15, 2013, will qualify for incentive credit.**

Updates on Weight Watchers Programs!

Employees of the State of Rhode Island will receive 15% off the Weight Watchers standard rates. Further, the State of Rhode Island will reimburse eligible employees 50% of the discounted monthly rate for up to five months of Weight Watchers participation, provided the employee participates in 75% of the meetings.

To qualify for reimbursements, eligible employees must enroll during the time of the offer (8/1/12 – 3/27/13), complete a minimum of three meetings in a month, provide a completed Weight Watchers Reimbursement Form along with receipt(s) showing the total dollar amount paid, and submit the form and receipt(s) by March 27, 2013.

4 Obtain Blood Pressure Screening Results $\leq 140/90$ or Consult with your Physician on a Treatment Plan by February 1, 2013, and Earn \$100.

High blood pressure (hypertension) is often called the “silent killer” because it usually has no noticeable warning signs or symptoms until serious health problems arise. Nearly 50% of adults will develop hypertension before age 65. Regular screening can help identify and treat problems early on to prevent future complications. When untreated or poorly controlled, high blood pressure increases your risk of serious health conditions including heart disease, stroke, aortic aneurysm, kidney disease and blindness. A blood pressure of less than 120/80 is recommended by the National Institute of Health and may reduce your risk of developing serious health conditions.

If your blood pressure reading is above 140/90, you may earn the incentive credit by consulting with your doctor on a treatment plan and submitting a signed Physician Screening Form (available at www.wellness.ri.gov). Screenings are available at the Fall 2012 health fairs, or if you prefer to have your screening done at your physician's office, submit the Physician Screening Form to UnitedHealthcare by February 1, 2013, for your credit. **Note: Blood pressure screenings received between February 1, 2012 and February 1, 2013 will qualify for the incentive credit with submission of Physician Screening Form.**

5 Obtain a Body Mass Index (BMI) < 30 or Complete an Approved Action to Lower Your BMI by March 27, 2013, and Earn \$125.

Body Mass Index (BMI), a calculation of height and weight, is a screening tool used to identify weight problems. Being overweight or obese increases your risk for coronary heart disease, type 2 diabetes, hypertension, stroke, certain cancers and sleep apnea.

You may obtain your BMI screening at one of the Fall health fairs or submit a signed Physician BMI Screening Form. Earn \$125 if your BMI is less than 30 or complete one of these options to earn \$125: participate in an approved weight loss program, attend three sessions with an in-network nutritionist (no co-payment charge if BMI ≥ 30), or provide proof of gym membership for at least three months during the incentive offer (August 1, 2012 – March 27, 2013). The completed BMI Incentive Credit Form must be submitted by March 27, 2013 to qualify for incentive credit.

BMI ranges

- **Underweight:** less than 18.5
- **Healthy weight:** 18.5 - 24.9
- **Overweight:** 25.0 - 29.9
- **Obese Class I:** 30.0 - 34.9
- **Obese Class II:** 35.0 - 39.9
- **Obese Class III:** greater than 40.0

Blood Pressure Level (mmHg)

Category	Systolic	Diastolic
Normal	< 120 and	< 80
Prehypertension	120 - 139 or	80 - 89
High Blood Pressure		
Stage 1 Hypertension	140 - 159 or	90 - 99
Stage 2 Hypertension	≥ 160 or	≥ 100

Source: National Institutes of Health, 1998.

Source: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp.

Last accessed March 11, 2011.

6 Complete the Physical Activity Challenge between April 8, 2013, and May 12, 2013, and Earn \$125.

Regular physical activity can help control your weight; reduce your risk of cardiovascular disease, type 2 diabetes and some cancers; strengthen your bones and muscles; improve your mental health and mood; improve your ability to do daily activities; and increase your chances of living longer. The CDC recommends adults get at least 30 minutes or more of physical activity on most days of the week. If you can't fit 30 minutes into your daily schedule, you can still reap the health benefits by engaging in 10 minute increments of physical activity. Details on the Physical Activity Challenge will be available at www.wellness.ri.gov in the beginning of 2013.



CurrentCare is a free electronic health network that keeps your doctors informed and allows them to coordinate your health care easily.

Like most people, you probably see several doctors who prescribe medications and testing. You may even go to several locations for lab or diagnostic tests. Your records may not always be sent back to your primary care physician's office. This disconnect can make it difficult to coordinate your care. CurrentCare informs your doctors with critical health data, when they need it most for your treatment.

Here are a few more answers people usually look for when signing up:

What is CurrentCare?

CurrentCare is RI's Health Information Exchange, a free electronic network that keeps your health information secure and private until a participating medical provider needs access to treat you.

Who can see my health records?

Only physicians and medical facilities who participate in CurrentCare can access the network. In RI, every hospital and many physicians use CurrentCare to manage health records. Employers, health insurers and others do not have access.

Why join now?

By enrolling in CurrentCare, you'll start to build an electronic health history, including lab test results, medications, and doctor or hospital visits. Your doctors who participate in CurrentCare can use the information to:

- Gain a better understanding of your overall health care needs
- Make sure costly tests are not duplicated and that your medication combinations are safe
- Access potentially life-saving information in an emergency if you cannot speak for yourself

Must I enroll?

You choose whether or not to enroll in CurrentCare. You also decide whether all your doctors can access your health information, or if you prefer to grant health care providers access only in an emergency. Nearly 250,000 of your RI neighbors are enrolled in CurrentCare, and more of them are joining every month.

To enroll in CurrentCare online:

Please visit www.CurrentCareRI.com and click "Sign Up Here." Be sure you are noted as a State of Rhode Island employee by following these two easy steps:

When asked, "Are you a Rhode Island State Employee?" Select "Yes."

When enrollment is complete, print and retain the Confirmation Page for your records.

Questions about enrolling in CurrentCare?

Please call (888) 858-4815 and choose option 3 or visit www.CurrentCareRI.com.

Rewards for Wellness

Frequently asked questions

What is the State of Rhode Island Rewards for Wellness Program all about?

The Rewards for Wellness program guides you through steps to proactively improve your health by participating in events such as the physical activity challenge and health screenings.

Who is eligible to participate and is it mandatory? All State of Rhode Island employees are eligible to participate in Rewards for Wellness programs and screenings, but only employees who are paying the State employee co-shares posted on the Office of Employee Benefits website at www.employeebenefits.ri.gov are eligible to receive incentives for co-share credit. Participation is voluntary.

Is my spouse or significant other eligible to participate? No. Only employees are able to participate in the Rewards for Wellness program.

How will I receive the incentive credit? Incentives will appear in your paycheck as a credit to your health insurance co-share. Employees receiving their paycheck by direct deposit can verify receipt of the credit each pay period by looking for a statement in the messages section on the pay stub.

Do I have to participate in all activities to receive a co-share incentive credit?

No. You will receive a co-share incentive credit for each activity you complete within the specified time frame.

Does the incentive apply to me if I am already engaging in healthy activities and behaviors? Yes. All eligible employees may participate in Rewards for Wellness regardless of their health status. To receive co-share incentive credits, eligible employees must complete activities within the specified time frame.

What if I don't have internet access? Ask your agency HR representative if there are computers available. Internet access is also available at public libraries.

Can I participate in programs on work time and use my work computer?

Participation in wellness programs is acceptable before and after work hours and on lunch and break times. Use of work computers is acceptable for completing online wellness programs.

I have high blood pressure and/or a high BMI, can I still receive the incentive credit? Yes. You can still receive the incentive credit if you take the qualifying actions explained in the program details.

How can I verify that I completed each Rewards for Wellness activity? When you complete the "Soothing Stress" Tutorial, enroll in CurrentCare, and/or the Health Assessment, you can print out a confirmation page for your records. When you receive health screenings at the health fair or at your doctor's office, you will receive a copy of the results. For the physical activity challenge, print your completed online tracking form or keep the fax confirmation page.

Will my personal information be protected? Yes. Your personal health information will be protected in accordance with HIPAA and will not be shared with the State of Rhode Island.

myuhc.com®

Provides personalized tools, information and answers for managing your health care. Log on at your convenience 24/7 to get important benefit, claims, health information and access to the medical Provider Directory.

Instructions for Accessing the Health Assessment

Logging on to myuhc.com

1. Go to www.myuhc.com.
2. If you are already registered, log in with your user name and password and proceed to Accessing the Health Assessment instruction below.
3. If you have never registered on the site, click "Register now."
4. Enter the required information.
5. Enter or confirm your email address. If you do not have an email address, you can sign up for a free personal email address with Google™, Yahoo® or AOL®.
6. You must establish a username and password. Both must be 8-15 characters, with a combination of letters and numbers. No sequential letters or numbers may be used. You may use your name with a number for your user name, but not for your password. Keep passwords in a safe place for future reference.

Accessing the Health Assessment

1. Select either the Health and Wellness Tab or the Health Assessment button on the right.
2. You will be directed to the NEW myuhc.com Health and Wellness portal. Next, click "Register" to begin the one time registration process to the new Health and Wellness site.
3. Enter the required information (some boxes may be pre-populated):
4. Choose your Username and Password.
5. Select and answer all security questions.
6. Check "I agree to the Terms & Conditions of this site."
7. Click "Register" and then click "Health Assessment" to begin.

myuhc.com technical support: 1-877-844-4999

**Health and Wellness technical support:
1-866-868-5484 Monday-Friday, 8 a.m.-10 p.m. (EST)**

Care 24 NurseLine®

Provides access to a Registered Nurse 24 hours a day, seven days a week, and access to thousands of topics on the Health Information Library. NurseLine nurses have an average of 15 years clinical nursing experience and are an excellent resource for information that can assist you in managing chronic conditions and more. Think of NurseLine services as your one-stop resource for information that can help you make informed decisions. The NurseLine number is 1-866-869-6358.

Care 24 Employee Assistance Program (EAP)

A toll-free call puts you and your family in touch with master's level counselors and other professionals – at no cost to you. Care 24 EAP services are available 24 hours a day, 7 days a week and include assistance with:

- Stress and anxiety
- Relationship worries
- Coping with grief and loss
- Personal legal questions
- Financial worries

To access EAP services call: 1-866-869-6358.



For more information on the State of Rhode Island Rewards for Wellness program, visit www.wellness.ri.gov or speak with your HR representative.



The NurseLineSM service can not diagnose problems or recommend specific treatment. The information provided through the NurseLine service is not a substitute for your doctor's care.